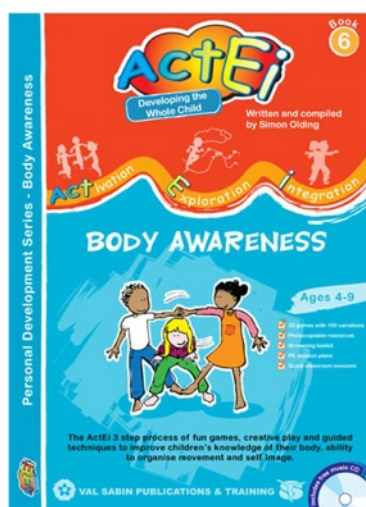




Free Resources from  
[www.achievementinmind.com](http://www.achievementinmind.com)



## Improving Children's... Body Awareness



Body Awareness is a number of cooperating internal processes including; having an instinctive awareness of the body as a whole and where everything is, an internal body map known as the body schema, being able to identify and name visible parts of the body, being coordinated and having a positive self image and attitude about ones body.

Using combinations of amusing and unusual movements, positive imagery and social activities, the ActEi games in this book focus on improving body schema -internal awareness the body, positive self image and vocabulary, knowledge of the body and confidence in using it, agility and physical skills, self esteem and more...

**Innovative, fun and holistic - a fresh approach to movement education**



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

**Purpose:** To enhance familiarisation with the body space

**Resources:** None

## HOW TO ExplorE

- Lying or sitting down. Imagine that around the inside of your entire body right under your skin is a helter-skelter.
- Let a marble travel around the helter-skelter. Starting from the head, feel it as it goes around and around.
- The marble can gather speed or move slowly. Rolling around down the arms and back up, down and around the trunk and into the legs.



Instead of a marble, what if it was:

An ice cube

Slippery mud

A warm flame and an Ice cube travelling at the same time  
but in different directions



Feel the object travelling around every part of your body.  
Feel it travelling just under your skin!